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FASHION WEEK
FABULOUS
HIGHLIGHTS FROM
NEW YORK {page 22}



CAN I GET A WITNESS? NEW INFO IN LILO'S CASE

{page 21}



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Thursday, February 17, 2011
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News worth sharing.

Centre. Upgrade



► Amy Doris gets a workout at the Kinsmen Field House on a simulated paddling machine.

SHELLEY WILLIAMSON/FOR METRO

Field House funds in public hands

The Kinsmen Field House rec facility, built in 1968, is due for a facelift and the city is seeking the public's help to decide what improvements get made. Edmontonians can fill out a survey online at edmonton.ca, after which a presentation will be made to city council to get some capital funds for the renovation.

**Up
on the roof**

Firefighters pitch tents
mid-winter for good cause {page 17}

**World class
snow job?**

Does city need indie review of
its slow clearing crew? {page 4}

Domestic disputes up: Police

► Shelters give emergency housing to mainly women 'of child-rearing age, 24 to 35' ► Edmonton police responded to 6,734 domestic violence incidents in 2010

Violence is on the rise in Edmonton households and that has police, crime experts and aid workers concerned.

Sandra Danco, executive director of Edmonton's WIN House, said the emergency shelter sees some of the worst-case scenarios of when violence erupts at home.

"We see what happens when people decide to leave whether they have called the police or not," said Danco, adding the shelter houses about 700 women and children annually.

But she said neither the police numbers, nor the shelter's give the full picture.

"Not every woman that calls police ends up in a shelter. They might go to a sister's or their mother's home, or have the resources to get their own apartment."

Often victims suffer abuse repeatedly, but don't call police until they're ready to leave to seek safety. "Sometimes they try and stay and make it work, and (they believe) there is also a stigma attached to calling police," she said.

Criminologist Bill Pitt points to rising

Cause for concern

EPS Domestic Offender Crimes Section is partnering with family violence help centres, shelters, social workers and violence victims and will present its work at a public police commission public meeting.

► From April 2009 to March 2010, Alberta's domestic violence shelters accommodated 6,169 women and 5,601 children.

levels of debt, high alcohol consumption "and environment where violence is becoming acceptable" for what he calls a new trend in domestic violence.

"There are a lot of disturbing things happening in people's homes," said Pitt. "For an Albertan woman the most dangerous place she can be is married to an Albertan man."

Pitt calls the recent spike in homicides, some of which have domestic ties, "an anomaly that hasn't happened ever in Edmonton." ● SHELLEY WILLIAMSON



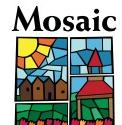
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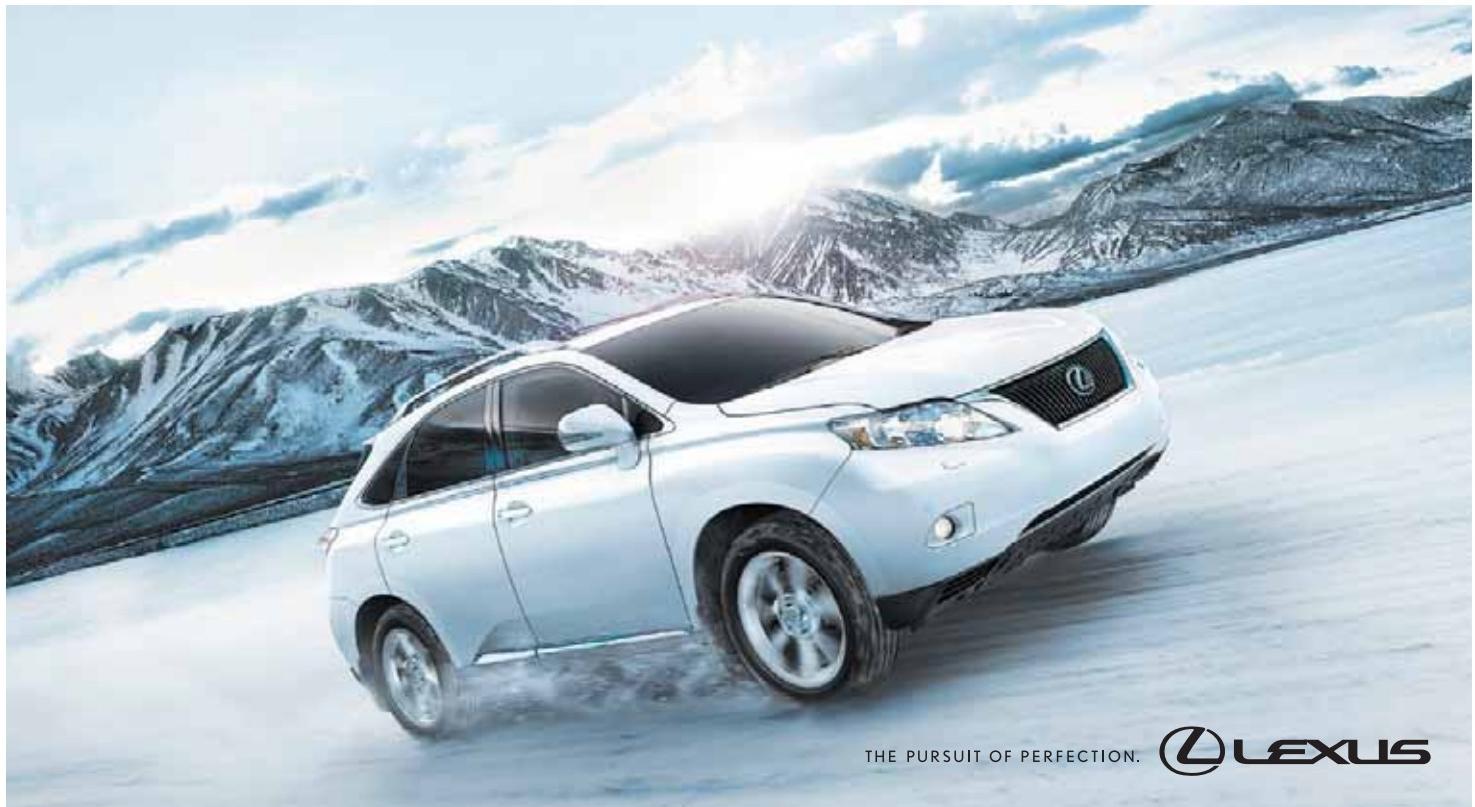
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Royal tour of Canada includes Alberta

Prince William and Kate Middleton will spend some time touring Canada following their wedding April 29.

The couple will be in our country from June 30 to July 8, with stops announced for Alberta, Prince Edward Island, Northwest Territories, Quebec, and Ottawa.

It is not yet known where in Alberta the couple will visit.

This will be the third trip to Canada for Prince William, but it will be the first official visit to Canada as a couple.

"Albertans are looking forward to welcoming the Royal Couple to our province in July," Premier Ed Stelmach said in a statement, who also called it a "great honour."

• METRO

Justice minister wants to lead party

Alberta Justice Minister Alison Redford tendered her resignation to Premier Ed Stelmach yesterday as she announced her intention to lead the party.

Redford said before running she had to decide if she would be the person to define the party in a new way.

"Over the past 10 years or so, we've seen government continue to do the things that government used to do well and the challenge is that, even though there were many great things that we can be proud of as Albertans, we've got to be able to change and be open to new ideas." • KATIE TURNER



HEATHER MCINTYRE/METRO

Airport gets public's take

- City envisions world-class sustainable community for 30,000 people
- Five concepts available for public viewing until Feb. 28



HEATHER MCINTYRE
@METRONEWS.CA

wife and I were going out on the weekend, we would definitely use it."

Shane Ricketts lives in the Mill Creek area and does so because of the ability to access everything by foot.

"I would definitely visit this area of town," he said.

Coun. Tony Caterina, on the other hand, thinks the visions of the five firms for the 217 hectares all look the same.

"I disagree with the fact

that we're the developer on this," he said, noting the city doesn't have the expertise.

"We're hoping somebody will come forward and want to build something."

Coun. Kim Krushell said the city isn't a stranger to developing land, though.

"This is not something that's totally out of the realm," she said. "(It's just) that this particular site is a really large one."

Consultations

1 Following public consultation, the selection committee will recommend one of the five firms to council in April or May.

2 A master plan is expected to take 15 months, with construction planned to start in 2014.

On the web at metronews.ca



VANOC's "leak" of Whistler luge track emails may have been intended to steal CBC's thunder. More at metronews.ca/spindocitor.

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Options sought for snow removal

► Possibility of third party review to be considered in March ► Independent review may cost \$250,000: City manager



HEATHER MCINTYRE
@METRONEWS.CA

Plans for an independent review of the city's snow removal policy have been dumped — for now.

"How can we be a world class city when we can't clear our streets?"

The big dump

The city of Edmonton was blanketed under roughly 60 centimetres of snow in the month of January.

► The first major storm hit Jan. 7, and all residential streets were graded to the pavement by Feb. 5 after the city received nearly 30,000 calls to its 311 line regarding snow removal — and mainly the condition of residential streets.

Coun. Kerry Diotte said yesterday.

"Instead of 'yeah, but,' let's start saying 'can do.'"

Diotte's motion to have an independent party review Edmonton's snow removal policy and return April 12 with information was referred to the March 8 meeting of the transportation and public works committee, which is when administration will report on an in-house review.

Diotte wants city manager Simon Farbrotter to engage a third party to review the program, and compare the information with that of other cities.

"How is it that Winnipeg can do residential in five days and it takes us a month?" he said, adding that Ottawa has roughly the same kilometres of road as Edmonton and



► Graders were at work on residential streets following some wicked winter weather in January.

clears residential streets within 10 hours, also clearing sidewalks.

Transportation staff recently visited those cities, along with others down east.

Possible results of the

in-house review could be residential parking bans after snowfalls or perhaps more equipment.

Everyone except Diotte was in favour of waiting for that report before making a decision on

whether a third party should intervene.

"The solutions aren't going to be simple," said Coun. Kim Krushell, who made the motion for the referral.

"Nothing can be imple-

mented in a few weeks or a month before we hit the melt."



For more local news, visit metronews.ca/edmonton

on the hou\$e

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News in brief



Police asking public for help in finding witness

MURDER TRIAL. Police are still searching for 23-year-old Jordan Ashley Belhumeur wanted in connection to a murder trial, who also has nine outstanding criminal warrants including assault, resisting arrest, uttering threats and fraud.

It is believed that Belhumeur, whose alias is Jordan Reid, is in Edmonton or the Caslano/Boyle area. Belhumeur is 182 centimetres tall and weighs about 95 kilograms. He has brown hair and brown eyes.

● METRO

Cops probe woman's death

MILL WOODS. Homicide investigators are probing a suspicious death in south Edmonton after a woman was found in a Mill Woods home yesterday afternoon.

Police responded to a call around 4 p.m. and found the body in a home near 40 Avenue and Millbourne Road West, just down the street from Malcolm Tweddle Elementary School.

There have already been eight confirmed homicides in Edmonton this year. ● METRO

City to cash in on ad money

COUNCIL. Revenue from alcohol advertisements on city transit vehicles will be in city coffers this year.

The 2011 budget includes \$1.37 million to be garnered by ads for alcoholic beverages on ETS vehicles, benches and bus shelters.

Council officially approved the ads yesterday, after a motion was passed in 1982 banning them.

ETS director of business development Patricia Waisman said the ads will be socially responsible. ● METRO

Figures show increased ridership on LRT

Planned expansion of the city's LRT is needed, as numbers from 2009 to 2010 show an increasing ridership.

The statistics, released by ETS, show that 76.3 million rides were taken in 2010, an increase of 7.8 million over that of 2009.

"We can thank the expansion of the LRT to Century Park in April 2010 for the tremendous growth in public transit," said transportation boss Bob Boutilier.

The number of weekday boardings also increased significantly in 2010 to 93,600 from 74,400.

● METRO

8

There were nearly eight million more rides taken on the LRT in 2010 than in 2009.

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By **Jamie Golombek**
Managing Director,
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TFSA earnings grow tax-free and account holders can withdraw funds at any time

for any reason, without tax repercussions. In addition, the amount of the withdrawn funds can be re-contributed at any time in future years. TFSAs are a great low-cost choice if you're saving for a major purchase or need an emergency fund, and withdrawals won't impact income-based government programs such as Old Age

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CRIME

Woman's death deemed homicide

The body of a woman found dead in Camrose Sunday morning has been identified as that of 41-year-old Valerie Diane Wolski. An autopsy has ruled the death a homicide.

A male suspect with limited mental capacity has been taken into secure care and is under observation, but no charges have been laid. Camrose police are consulting with the Crown prosecutor on how to proceed given the mental capacity of the suspect.

Wolski was a caregiver for Canadian Mental Health and is said to have worked with the suspect. Her body was found in a home where she worked.

• METRO

Project incites backlash

A sign for a Habitat for Humanity affordable housing project in St. Albert was recently vandalized with the words "not welcome."

There was opposition to the project when it was first proposed in 2009. The sign will be replaced and construction is scheduled for the fall. • METRO

LRT studies earn award for city

The City of Edmonton was given an award of excellence for the selection studies done on the west and southeast LRT corridor by the Consulting Engineers of Alberta.

Public involvement was said to play a large role in these studies. • METRO

Backpacks burst with goodwill

- Grade 3 students bring donations to Mustard Seed
- Organizers hope to create awareness at a young age



ALISON BAIRD

EDMONTON@METRONEWS.CA

Grade 3 students donated over 25 backpacks filled with items like gloves, socks, bus tickets and soap to the Mustard Seed yesterday.

"Our theme for the week is giving back to the city," said teacher Tracey Loehr. "We've been talking about homelessness and how to help."

This is the second time Loehr has brought a class to the Mustard Seed, a local outreach centre. The first trip was three years ago.

What started as a classroom discussion quickly turned into something much more.



► Grade 3 students from Brander Gardens School hold up their backpacks full of donations.

ALISON BAIRD/FOR METRO

Grim figures

This past October, 2,421 homeless people were counted in Edmonton, according to Howard Trust.

- The 2010 count was three times higher than the 1999 count.
- Sixty-three per cent are "absolute" homeless, while 37 per cent are classified as "sheltered."
- The Mustard Seed is always accepting donations of warm clothing, food and toiletry items.

ing in and walking out. These kids are future citizens. In nine years they'll be adults," said Hut, who hopes that experiences like these will help make an impression on the decisions they make when they are older.

"It became a school-wide project," said Loehr.

The students also stayed for a tour of the facility and made nearly 100 sandwiches, as well.

Linda Hut, the city hall

school site co-ordinator, says that when students visit the Mustard Seed they leave with a different view on homelessness.

"There is a marked difference in attitudes walk-

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► Alberta Premier Ed Stelmach, centre, speaks to reporters after announcing a partnership between the Alberta government and bitumen upgrading refiners North West Upgrading Inc. and Canadian Natural Resources Limited, in Fort Saskatchewan yesterday.

Province reaches deal on bitumen refinery project

- Opponents say technology will take too long to implement
- Suggest industries focus on reducing greenhouse gas

Alberta is moving its massive carbon capture and storage plan into the nuts-and-bolts construction stage and has also green-lighted an upgrader to refine bitumen in-province to keep profits from flowing south.

"We are taking the next bold step to ensure Albertans get more from the production of their non-renewable resources," Premier Ed Stelmach told a hotel reception room full of reporters, business leaders and cabinet members yesterday. "I've always said that shipping raw bitumen

10K

The projects are expected to create 10,000 jobs during construction.

an Natural Resources Ltd. will be built under a program that allows the province to take oilsands royalties in the form of bitumen — the heavy petroleum goo that must painstakingly be extracted from the earth — rather than in cash.

It's a way for the province to encourage investment and production.

Phase 1 of the Redwater upgrader, to be located 45 kilometres northeast of Edmonton, is to be constructed by Calgary-based North West Upgrading.

THE CANADIAN PRESS

out of our province is comparable to selling the top-soil on a farm," he said.

"I know by doing that you can make a big buck, but by the end of the day it doesn't get you very far."

Stelmach said a refinery partnership between the government, North West Upgrading Inc. and Canadi-

TRANSMISSION PROJECT

No Heartland in heart of city, urges councillor

The Heartland Transmission Project should be buried since the 500 kilovolt line passes through heavily populated communities, said Coun. Amarjeet Sohi.

Hearings on the project, which will pass near

Edmonton and other municipalities, including Spruce Grove, begin in April.

"Our main argument should be that it shouldn't go through the city at all," said Sohi. "We're talking about people's quality of life."

There are two potential routes that follow the utility corridor. Reports say burying the line will cost an extra \$500 million, resulting in a \$1.6-billion project.

● HEATHER MCINTYRE

Cabinet shuffle expected

Premier Ed Stelmach is expected to shuffle his cabinet by the end of the week.

Stelmach has some holes to fill as some ministers have resigned to run for his job in the Tory leadership contest expected to take place this fall.

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Sent back to China to die?

► Lawyer says ousted multimillionaire faces torture or execution ► Ottawa says the fears are unfounded

A multimillionaire Chinese refugee claimant accused of fraud in his homeland was deported to China yesterday despite fears he could be tortured or executed there.

Canadian authorities put Han Lin Zeng, 65, on an afternoon flight to China just hours after a federal court judge nixed an emergency stay of removal.

"He is deeply concerned, frightened, but to a certain degree resigned to this," said one of his lawyers, Daniel Kingwell.

Earlier, Judge Richard Boivin said Zeng's fears appeared to be overblown.

"There is no evidence the death penalty or torture can reasonably be an-

The fear is the death penalty. Canada sought no assurance that he will not be executed despite the uncontradicted expert opinion that he will. We're very concerned."

LAWYER DANIEL KINGWELL

ticipated in this case," Boivin wrote.

The self-made millionaire once owned a large firm in China focused on shipping, transportation services and mechanical manufacturing.

In 1997, his business merged with a steel com-

pany, and his new partner accused him of concealing mortgages.

Zeng fled to Canada in 2000, claiming corrupt officials had framed him.

He filed a refugee claim in Toronto in 2004, but it was rejected.

Ottawa argued that while Zeng does face the risk of a substantial prison sentence if convicted, the chance of ill-treatment or execution is remote.

Boivin agreed with Ottawa, noting the contract-fraud charge Zeng faces does not carry the death penalty on conviction. Nor was there evidence that China would upgrade the charge to financial fraud, a capital crime.

THE CANADIAN PRESS
THE CANADIAN PRESS

Brit stuck in T.O. on U.S. no-fly list flying out

An Englishman left stranded in Canada because he's on the U.S. no-fly list is heading home.

Dawood Hepplewhite says a British consular official called with a "one-time offer" from Air Transat to fly with his wife and children to Scotland as a "goodwill gesture."

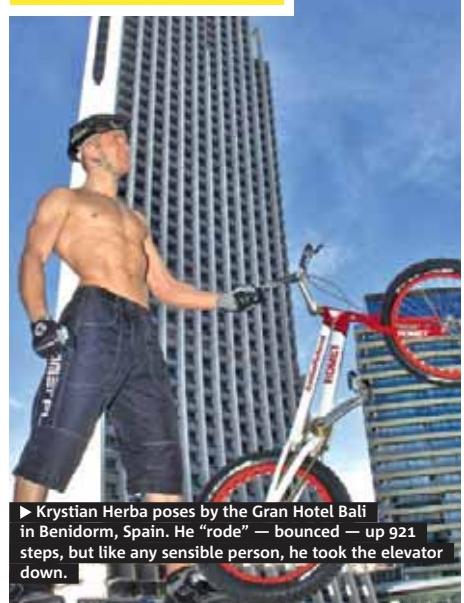
Hepplewhite, 30, divides his time between Sheffield, England, and Toronto, where his Canadian wife, Farhia, and their three children live.

He showed up at Toronto's Pearson Airport on Sunday with his family only to be told by an Air Transat official he couldn't board the plane. He says Air Canada and British Airways also refused to let him fly to England.

Civil liberties advocates say the marooned Briton's plight highlights the dangers posed by continuing use of the U.S. no-fly list by airlines in Canada.

THE CANADIAN PRESS

Pedal power. A bumpy ride



► Krystian Herba poses by the Gran Hotel Bali in Benidorm, Spain. He "rode" — bounced — up 921 steps, like any sensible person, he took the elevator down.

THE ASSOCIATED PRESS

He took the stairs — sort of

For Polish stunt cyclist Krystian Herba, it was quite a "ride." He bounced — not pedalled — up 921 steps to the top of Europe's tallest hotel yesterday. It took him 19 minutes and 27 seconds to get to the peak of the 52-storey Gran Hotel Bali.

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Oda must go: Ignatieff

The case of a Conservative minister who ordered a signed document to be altered and misled the House of Commons is a test of Canada's democracy, says Liberal Leader Michael Ignatieff.

All three opposition parties have called for the resignation of Bev Oda, the international co-operation minister. But Prime Minister Stephen Harper says she did nothing wrong.

"In a democracy, ministers make the decisions," Harper told the House of Commons yesterday.

However, Harper has yet to address the substance of the controversy — that

Oda misled the House, misrepresented advice from the civil service and ordered a signed document to be altered.

"We've got a prime minister who lets a minister deceive the House of Commons, falsify a document, and instead of reprimanding her or dismissing her, gets up in this House and actually applauds her," Ignatieff said.

He added: "It's about the integrity of the democratic system. Of course she has to go."

Oda admitted this week that she ordered the handwritten change to a signed funding approval, which



► Bev Oda has a cigarette break outside a back door on Parliament Hill.

made it appear that senior officials of the Canadian International Development

Agency rejected a KAIROS funding application.

NDP Leader Jack Layton took Harper to task for the technically correct but narrow reply that the minister had the right to overrule her officials.

"There is no right to forge documents," Layton said. "There is no right to mislead the House."

The all-party foreign affairs committee agreed yesterday to send a report to Commons Speaker Peter Milliken laying out the facts of a possible breach of parliamentary privilege, the first step in a lengthy procedure seeking censure of Oda. THE CANADIAN PRESS

Doc's spy camera filmed nude women in examining room

A Montreal doctor has been suspended and fined for filming female patients with a hidden camera while they were naked.

Quebec's College of Physicians says it has suspended Dr. Barry Rabinovitch for four months and fined him \$3,000.

According to the disci-

plinary report released Tuesday, investigators found that Rabinovitch filmed 10 to 15 women in various stages of undress in an examining room between January and May, 2009.

The 56-year-old is a married father of two children and a lung specialist.

He is also an associate professor on McGill University's medical faculty.

The College of Physicians called the actions "hateful and degrading" and said the penalty must send a deterrent message to all members of the profession.

THE CANADIAN PRESS

Travellers flying high amid strike

No talks are scheduled to end a strike by about 400 baggage handlers at Toronto and Montreal airports.

Supervisors are handling baggage. The strikers handle baggage for airlines including Air Transat, Air France, British Airways and KLM.

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Libya: Now Gadhafi is feeling the heat

- ▶ Buildings set ablaze in two cities, riot police clash with protesters
 - ▶ Embattled dictator hits back by raising salaries, releasing militants

Egypt-inspired unrest spread against Libya's longtime dictator, Moammar Gadhafi, yesterday.

Riot police clashed with protesters in the second-largest city, Benghazi.

Marchers set fire to security headquarters and police stations in two other cities.

Gadhafi's government sought to allay further unrest by proposing the doubling of government employees' salaries and releasing 110 suspected Islamic militants who oppose him — tactics similar to those adopted by other Arab regimes in the recent wave of protests.

Activists using Facebook and Twitter have called for nationwide demonstrations today to demand the ouster of Gadhafi, the es-

tablishment of a constitution and comprehensive political and economic reforms.

is the enemy of Allah," and "Down, down to corruption and to the corrupt."

Police and armed government backers quickly clamped down, firing rubber bullets and dousing protesters with water cannons.

Another video shows people running away from gunfire while shots are heard.

A young man in a blood-stained white robe is then seen being carried by protesters.

THE ASSOCIATED PRESS

Bahrain: Chants, rage

Swelling protests against Bahrain's rulers gained momentum yesterday as huge crowds called for a sweeping political overhaul.

The kingdom's stunned leaders appeared to shift tactics after attempts to crush the uprising stoked rage on the

streets and sharp criticism from Western allies.

Protesters have turned a landmark square in the capital of Manama into their base camp, which was swollen with tens of thousands of people by nightfall yesterday.

Their chants reverber-

ated off the buildings and bridges and they sang the Egyptian national anthem.

Their next important move takes a page directly from the Egypt unrest: calling for a major march after Friday prayers to re-energize followers.

THE ASSOCIATED PRESS



► Government supporters holding posters of President Ali Abdullah Saleh climb a tree during clashes with anti-government protesters in Sanaa, Yemen, yesterday.

HANI MOHAMMED/THE ASSOCIATED PRESS

Yemen: Two shot dead

Police fired on protesters in Yemen's southern port of Aden yesterday, killing two people. About 2,000 police flooded the streets of the capital, Sanaa, trying to halt protests. Facebook and Twitter messages urged Yemenis to join in a "Friday of Rage."

An advertisement for Renew Life products. On the left, a woman with blonde hair is smiling, looking upwards. The background is a light blue with white snowflake patterns. In the center, large orange text reads "DON'T GET SAD". To the right, blue text reads "This Winter!". Below the main title, there's a box of "NORWEGIAN GOLD ULTIMATE FISH OILS SUPER CRITICAL OMEGA" capsules. Text on the left says "Seasonal Affective Disorder or the 'Winter Blues' affects many Canadians. But you can fight back by getting a little bit of sunshine every day and taking Super Critical Omega by Renew Life." Text on the right says "With the highest amount of Omega 3 per capsule on the market and 1000 units of Vitamin D, Super Critical Omega is your perfect defence against SAD." A red starburst graphic on the right contains the text "Contains 1000 IU Vitamin D". At the bottom, it says "One a Day to Keep the Blues Away!" and "RENEW LIFE PRODUCTS ARE AVAILABLE AT YOUR LOCAL HEALTH FOOD STORE. TO FIND A HEALTH FOOD STORE NEAR YOU CALL 1-800-485-0960 EXT 3 OR VISIT WWW.RENEWLIFE.CA". A small fine print section on the right details the coupon offer.

Man stranded in desert drank wiper fluid

- Used car mats to stay warm during cool desert nights
- Read car manual cover to cover to pass time

Henry Morello prayed to Saint Anthony, the patron saint of lost things. But as the 84-year-old spent a fifth night stuck in a ditch in the Arizona desert, he started to lose hope.

"My phone went dead, my battery went dead and I went dead," Morello said.

But Morello lived to tell his tale Tuesday at a Phoenix hospital, where the diabetic man was admitted in good condition despite drinking windshield wiper fluid to stay hydrated.

He didn't have water, Morello said, so he broke open the wiper fluid container with a rock and filtered it with a napkin to try



► Henry Morello

to make it safe.

Morello said he made a wrong turn while driving home Feb. 7 from the Phoenix suburb of Cave Creek and ended up stuck in the desert north of the city, near the state's major

north-south road for Grand Canyon-bound travellers.

Morello said he became stranded when — realizing he took a wrong turn — he made a U-turn and wound up in a ditch. He tried to crawl out of the car, but did not get far and returned.

He ripped a chrome piece from his car and put it on the roof, hoping someone would see the reflection.

A pack of hikers found him Saturday morning. He heard a knock on his window from a hiker, and suddenly his long, painful ordeal was over.

"I just kissed him," Morello said of the hiker.

THE ASSOCIATED PRESS

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Italian PM nonchalant amid charges

► Silvio Berlusconi makes first public comment since being indicted on allegations he paid for sex with teen

Italian Prime Minister Silvio Berlusconi showed aplomb in the face of charges that could end his political career, saying yesterday he isn't worried about his impending prostitution trial or calls for his resignation.

He spoke shortly before holding talks and a working dinner with Russian President Dmitry Medvedev, his first international meeting since the indictment.

Berlusconi has denied any wrongdoing, dismissing the accusations as "groundless" and the case as a "farce" and a "shame."



RICCARDO DE LUCA/THE ASSOCIATED PRESS

He has accused prosecutors of trying to topple his government.

Yesterday, the prime minister dodged questions

about the case during a news conference on economic themes in Rome.

"Out of love of my country, I won't talk about this," Berlusconi told reporters. "I can only say one thing: I'm not worried at all."

The indictment marks a serious challenge to Berlusconi's grip on power at a time when he is weakened by an acrimonious split with an ex-allied. It reignited calls for Berlusconi's resignation, with the opposition contending the scandal has embarrassed Italy and damaged its image abroad.

THE ASSOCIATED PRESS

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► Chef Michel Henri Wetli celebrates with Emory University employees and students yesterday during an attempt to set a record for the world's longest line of tacos featuring sustainable seafood and produce in Atlanta.

DAVID GOLDMAN/THE ASSOCIATED PRESS

Attempting a record outside the bun

German law could speak volumes

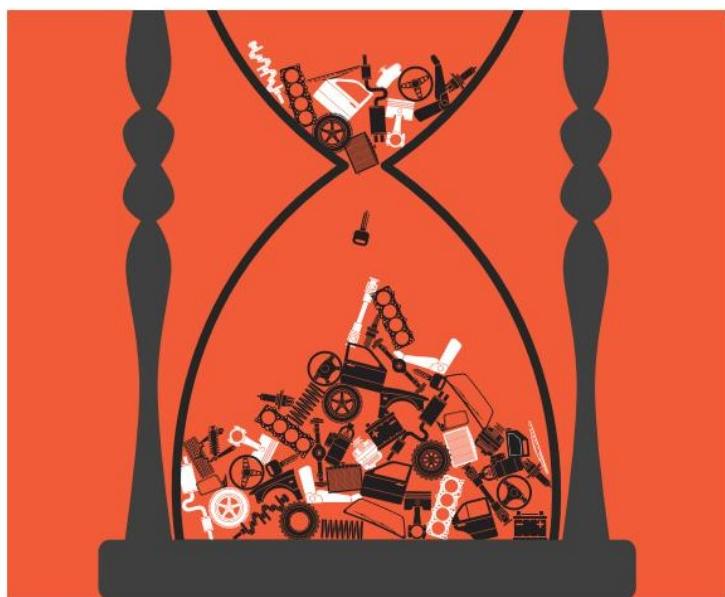
Germany is so desperate to encourage people to have more children that the government is proposing a bill allowing citizens under six to laugh, shout

and play at any volume.

The government said yesterday the proposed law would exempt children from strict regulations on noise limits,

which force construction sites to stand idle for hours at midday and prohibit mowing lawns on Sunday.

THE ASSOCIATED PRESS



Retire your ride before time runs out.

Retire Your Ride rewards Canadians for recycling their older polluting vehicles – but the program ends **March 31st**. Don't miss your chance to get cash, transit passes or more. If your vehicle's model year is 1995 or older, visit [Retire Your Ride.ca](http://RetireYourRide.ca) or call **1-877-PRE-1996** today.

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Sheridan Mall
Erin Mills Town Centre

OAKVILLE
Oakville Smart Centre
Oakville Place

OSHAWA
Oshawa Centre

PICKERING
Pickering Town Centre

SCARBOROUGH
Woodside Square
Bridlewood Mall
Splendid China Mall
Oceanside Shopping Mall
Scarborough Town Centre

STONEY CREEK
East Gate Square

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Queen West
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Travellers head south for savings

- It can cost half as much to fly from a U.S. airport
- Canadian travel industry risks losing billions

More than one in five Canadian leisure travellers ducked higher domestic airfare taxes and fees last year by driving to the United States to fly to U.S. or international destinations, says a Hotel Association of Canada survey.

The number of Canadians who hopped the border rose by three percentage points from 18 per cent in 2009, says the survey, released yesterday. An additional 11 per cent of Canadians said they would also consider making the trek this year, in part because of the strong loonie.

The potential for almost one-third of Canadian travellers to avoid their local airport could cost Canadian airports, hotels and airlines billions of dollars in lost business, association president Tony Pollard said. The growing trend highlights

73%

The number of leisure travellers who use the web to gather information before they book travel. Some 86 per cent of business travellers also use the web.

the need for Ottawa to reduce airport fees, travel costs and airline surcharges, he said.

The savings from driving an hour or so to fly from a U.S. airport can be substantial. For example, a mid-week roundtrip Air Canada flight to Orlando, Fla., from Pierre Trudeau International Airport in Montreal costs \$629, including \$137 in fees, taxes and surcharges. But Star Alliance partner United Airways offers the

Market moment

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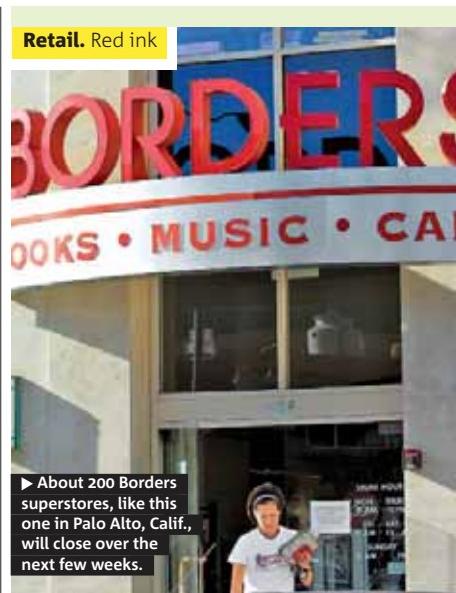
Oil	Natural gas
	1,000 cu ft \$3.921 US (- 5.5¢ US)

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trip from Burlington, Vt., for \$308, including \$42.80 in taxes and fees.

The travel industry has long pleaded without much success for the government to reduce taxes and fees.

THE CANADIAN PRESS



Borders on the brink

American bookseller Borders, which helped pioneer superstores that put countless independent bookshops out of business, filed for bankruptcy protection yesterday, sunk by crushing debt and a failure to adapt to the web and electronic books. The 40-year-old company will close about 200 of its 642 stores over the next few weeks. According to the Chapter 11 filing, Borders had \$1.29 billion US in debts and had not reported a profit since 2006.

Debt rising, but credit cards put on ice

Non-mortgage debt went up substantially across the country during the fourth quarter of 2010, despite a drop in the amount borrowed on credit cards, a credit analysis firm reported yesterday.

TransUnion said average debt per Canadian consumer, excluding mortgages, was \$25,709, up 5.6 per cent from \$24,346 in the same period of 2009.

Only a small portion of the total in either year was drawn on credit cards, and in fact credit-card debt in the fourth quarter of 2010 dropped by 2.7 per cent from a year before to \$3,688.

Lines of credit were the biggest form of consumer debt tracked, and rose to nearly \$34,000, up 8.8 per cent over the year. TransUnion suggests Canadians took advantage of lower interest rates on lines of credit to consolidate debts.

THE CANADIAN PRESS

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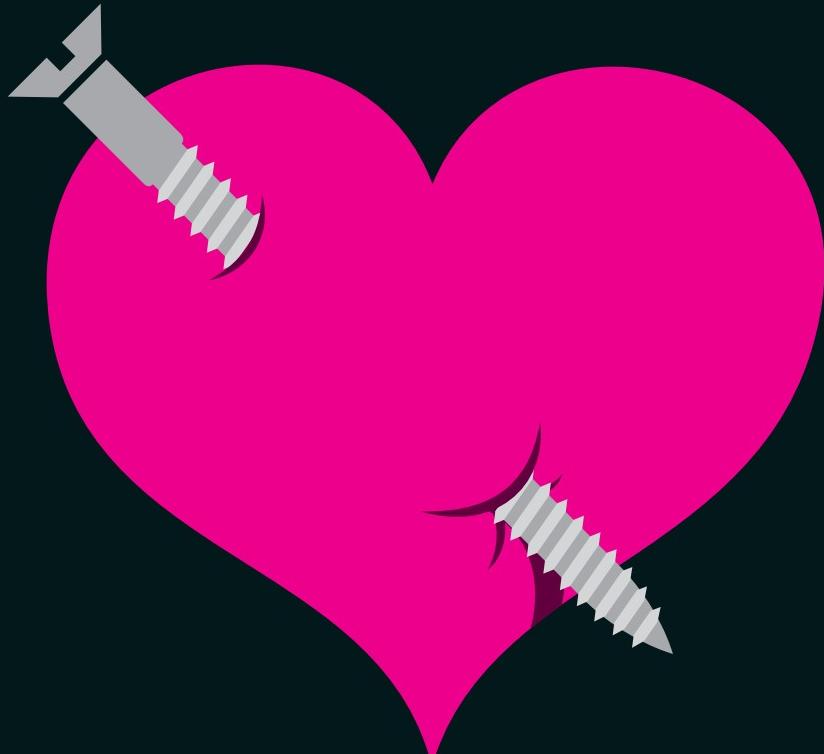
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A RECIPE FOR DISASTER IN THE MAKING

He says ...

JOHN MAZEROLLE



I don't know how to cook, but I've decided to face up to it the way Western society has taught me: I'm going to blame my childhood.

My Grade 1 teacher Mrs. Gerring did an excellent job filling me with a fear of the deadly stove, the killer oven, and especially the child-killing pot of boiling water with its handle pointed outward. I can't even look at a pot on a stove without superimposing a red "X" over top.

With fear sowed in my heart, I approached the oven in my early years gingerly, like it was a lion at feeding time. Grabbing a kitchen chair and a whip would have been entirely appropriate.

I remember trying to make breakfast without getting hot grease to splash onto my flesh, which seemed to happen every morning without fail, even if I was making Corn Flakes.

On top of that, I was born with no spatial skills, so every time I tried to peel a potato or beat cream it caused, at minimum, \$400 damage.

It got even worse in junior high because I had to take home economics, which oddly never had anything to do with economics. I think it

was called that because the class helps you realize you'll need to pay for hired help when you grow up if you want to survive.

I was yelled at by the Grade 8 home ec teacher because I washed a sink full of dishes without soap, because I spent five minutes trying to figure out what was wrong with a sewing machine that was unplugged and, when it

came to cooking ... well, let's just say my favoured ingredient was tears.

Now here I am, a 34-year-old

"Using these as my guideposts, I plan to face up to my shortcomings and at long last learn how to cook. I'll start with one of my favourite childhood recipes: I just need two all-beef patties, lettuce and cheese."

"culinary" who isn't entirely sure what "broil" means.

My mother, always in touch with my needs, just sent me two cookbooks in the mail: Cooking For Men, which features a cover image of a man contemplating an egg in a way that makes you wonder which has the higher IQ. The other book is called, Help! My Apartment Has A Kitchen!

Using these as my guideposts, I plan to face up to my shortcomings and at long last learn how to cook. I'll start with one of my favourite childhood recipes: I just need two all-beef patties, lettuce and cheese.

So, where does one buy special sauce?



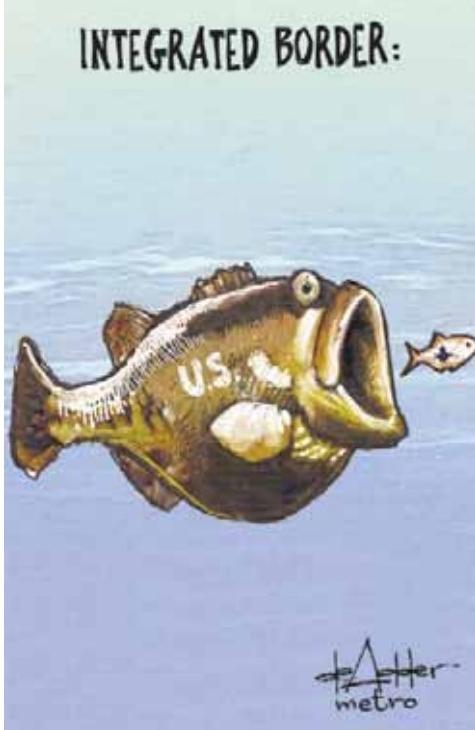
Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

MICHAEL DE ADDER



INTEGRATED BORDER:



Worth mentioning

Animal activists in China say a now-famous magic trick with goldfish swimming in sync for the Lunar New Year may have involved abuse including implanted magnets, and are asking the state broadcaster not to air it again.

Hundreds of millions of people watched the magic trick during a China Central Television gala on the Jan. 30 eve of the Lunar New Year festival. The gala is China's most watched broadcast of the year.

Goldfish are a symbol of wealth in China, but the image of six of them swimming in perfect sync under magician Fu Yandong's direction alarmed some Chinese, who worried that magnets

Look into my eyes



were implanted in the fish or that they were controlled by electric current.

Fifty-three animal rights groups and other groups have sent a letter to CCTV asking not to let Fu perform the trick again during today's broadcast of the Lantern Festival, which ends the Lunar New Year events.

Fu won't explain how his trick works, but has defended his actions, saying on his Twitter-like microblog that the goldfish are "living happily."

Like many Chinese, the animal rights groups want to know how the trick is done and have asked for a group of independent experts to examine the fish.

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Metro Minute with Edmonton Opera

Presented by the Edmonton Opera and Fringe Theatre Adventures, The Barber Of Barrhead tells a story about prospectors, the gold rush, and a barber who works to unite two young people despite challenges.

The play takes place at the TransAlta Arts Barns (10330-84 Ave.) in the Westbury Theatre through

to Feb. 26. Today's show starts at 7 p.m.

The show is family friendly with tickets ranging from \$14 to \$20 and can be purchased by phone, online, or in person from the TransAlta Arts Barns.

This play, a local take on a classic, is adapted and directed by Ann Hodges. ■ ALISON BAIRD



► Opera with an Albertan twist, watch The Barber Of Barrhead at the TransAlta Arts Barns.

CONTRIBUTED

AM sexy firefighters

- Edmonton firefighters are raising money for muscular dystrophy
- \$250,000 has been raised over the past five years in rooftop camp outs

BACKSTAGE PASS

JENNIFER LARAWAY

METRO EDMONTON



From February 21 to 25, Station Two (located at 10217 - 107 St.) will be home to a handful of firefighters camping out for Muscular Dystrophy.

In a departure from their usual duties and during their off-time, these guys are volunteering to brave the spring thaw to bring awareness to a disease that, according to the muscular dystrophy website, affects more than 50,000 Canadians. This year, the goal is a cool 60-grand. Donations are accepted at any fire hall, but feel free to swing by the downtown station to show your support for the crew camping out in their bunker gear.

You can also make a contribution right from your computer. This annual event also has some pretty sweet eBay auction items up for grabs. Does a fire hall dinner for 10 sound tempting ladies?



► Mr. December, Cory Morgan, preps for the camp out.

Makes for a great bachelorette party ... just saying. Did I mention Cory Morgan a.k.a Mr. December is part of the fundraising efforts? To see all the online auction items, check out eBay starting on the 21st or make a \$5 donation by texting the word MUSCLE

to '30333'.

Paul McGonigal has been the driving force behind the Edmonton Fire Rescue team.

"Edmonton was the first city to host a rooftop camp out," he says.

Now, 10 cities across the country participate and

Background

Gene. Each form of muscular dystrophy is caused by an error in a specific gene associated with muscle function. There is no treatment to cure muscular dystrophy. Muscular Dystrophy Canada is the charity of choice for many fire departments across the country.

over \$250,000 has been raised for the cause in the last five years. It's the biggest campaign they do all year. So, he's putting the challenge out to the surrounding area participants of Spruce Grove, St. Albert, Leduc, and Strathcona County to see who can raise the most money. Sounds like this fundraiser just headed up. To learn more about the cause or to support your firefighters in your neck of the woods, visit muscle.ca/campout.

Each week Metro gives you a heads-up on some of the hottest tickets and biggest event personalities this city has to offer. Join the conversation on Twitter with @mediamindjen or to submit an upcoming event email: entertainment@metro.ca

Get off your computer and meet up

Get your drink on while you still can. The third annual Edmonton Wine Festival is tomorrow and Saturday at the Shaw Conference Centre and it's quickly selling out, with the Saturday evening event already gone.

Fear not wine lovers, there are still two other sessions with room left. Who wouldn't want this week's hottest ticket in town with over 200 local and international wines up for the sampling? For a full menu or to purchase tickets, visit celebratewinefest.com.

● JENNIFER LARAWAY

Firefighters doing a good deed

The first memory I have of Heart isn't even my memory. I remember my dad busting out their album and cranking Magic Man.

He told me they played the song at his B.C. high school dance right before they made it big. Fast forward 35 years, and Heart is celebrating the release of their hugely successful album Dreamboat Annie.

Heart is legendary and timeless — plus going to their concert is an excuse to rock a sweet '80s outfit. Heart Comes Home is the name of the 2011 Canadian tour. They make a stop in E-town on Sunday at the Jubilee (11455 - 87 Ave.). For more information, visit jubileeauditorium.com.

● JENNIFER LARAWAY



Scene in brief



Canadian film and TV star William Shatner will host this year's Genie Awards. The Star Trek captain says he's looking forward to seeing many of his friends at next month's televised bash.

THE CANADIAN PRESS



Sex, money and cosmetic surgery centre stage in new opera about tabloid diva Anna Nicole Smith



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Letterman show duped

► Prankster books Lindsay Lohan on Late Show without her knowing

Maybe Late Show With David Letterman should present the Top 10 ways it should be more careful booking its guests.

Just hours after CBS announced on Tuesday that Lindsay Lohan would appear on Thursday's show to present the Top 10 list, Lohan tweeted: "I am NOT going to be doing David Letterman, I'm not sure how this happened, but I am sorry for the confusion..."

Yesterday morning, a spokesman for Letterman's production company acknowledged that Late Show had been duped.

"We made a mistake," said Worldwide Pants' Tom Keaney in a statement. "Someone purporting to be a friend of Lindsay's



► David Letterman

reached out to the show yesterday, allegedly on her behalf, and booked her to appear."

"Clearly, this person was not authorized to make commitments on her behalf," the statement said.

THE ASSOCIATED PRESS

Living like a Rolling Stone

► Bieber talks politics, sex, health care in magazine cover story

Canuck heart-throb Justin Bieber says he'll never become a U.S. citizen and he thinks sex should only take place when two people love each other.

The tidbits are revealed in a new Rolling Stone cover story on the teen sensation from Stratford, Ont.

The magazine is teasing the interview on its website ahead of the issue's Friday release.

The 16-year-old appears on the cover wearing a white undershirt and silver chain underneath a black leather jacket that has slipped down on one shoulder.

In the story, Bieber says he wants to remain Canadian because of the health-care system, noting that his U.S. bodyguard had a premature baby and was stuck with hospital bills.

He also offers his views on sex. Asked if he believes in abstinence before marriage, Bieber says he thinks people should wait to fall in love.

The singer is reportedly dating teen star Selena Gomez.

Rolling Stone reporter Vanessa Grigoriadis also



► Justin Bieber

asked Bieber about his stance on abortion.

"I really don't believe in abortion," Bieber told the magazine. "It's like killing a baby?"

When asked if it was acceptable in cases of rape, he told Rolling Stone: "Um, Well, I think that's really sad, but everything happens for a reason. I guess I haven't been in that position, so I wouldn't be able to judge that."

THE ASSOCIATED PRESS

Police confiscate Muniz gun

► Allegations of domestic abuse swirl around Malcolm in the Middle star

Phoenix police say they removed a gun from the home of actor Frankie Muniz after a domestic dispute with his girlfriend.

A police report says Elycia Turnbow claims Muniz pulled out a gun and held it against his head last Friday night after the two

were arguing about prior relationships.

Turnbow told police that she was worried that the 25-year-old Muniz might be suicidal, so she called one of his band mates to take him to a hospital.

The star of the Malcolm

in the Middle TV show told police that the gun wasn't loaded.

But The Arizona Republic reports officers retrieved the gun from a downstairs closet of Muniz's home and it was loaded.

Muniz's publicist says

the actor wasn't arrested, wasn't suicidal and Turnbow wasn't assaulted by Muniz or anyone else that evening.

Through the publicist, both Muniz and Turnbow declined an interview request.

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Star Oscar nods linked to strokes

► Study shows that Hollywood lifestyle has its risks

Hollywood trivia quiz: What do Sharon Stone, Dudley Moore, James Garner and Elizabeth Taylor have in common besides an Oscar nomination? All have suffered strokes, a reminder that money and fame can't insulate you from a health risk that much can be done to prevent, researchers said Thursday.

The International Stroke Conference is being held in Tinseltown for the first time, just a few weeks before this year's Oscars are to be awarded. So researchers at the University of California at Los Angeles had the idea to check movie stars' rates of heart attacks and strokes.

"We see the diseases that ravage them just as they ravage the rest of the country and the world," said Dr. Jeffrey Saver, direc-



► Sharon Stone

Strokes

Those who suffered strokes after a recent best actor/actress nomination

► Stars: Dudley Moore, James Garner, Sharon Stone, Samantha Morton, Elizabeth Taylor

Of the 409 nominees, at least 29 have suffered strokes — six were fatal — and 39 have had heart attacks. Stroke sufferers were 35 on average when nominated and 67 when stricken. It put a dent in their careers — film and TV appearances fell 73 per cent in the three years after a stroke and 69 per cent after a heart attack, said study co-ordinator Hannah Smith of UCLA.

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► Katy Perry and Russell Brand

Perry's mom wants grandkids

Katy Perry and Russell Brand have only been married a few months, but her mom is already putting pressure on the newweds.

"I just can't wait for them to have babies. Grandma, here we come!" Mary Perry tells People magazine. Mary also admits she's impressed by how the couple balances their hectic schedules.

"I don't know whether it's private jets or what, but they make it work," she says. • METRO

Neeson used work to deal with tragedy

Nearly two years after wife Natasha Richardson's tragic death, Liam Neeson is opening up for the first time.

"I think I survived by running away some. Running away to work," he tells Esquire magazine. "It's easy enough to plan jobs, to plan a lot of work. That's effective."

• METRO

Witness could help Lohan

► Starlet's father says a man is contradicting a jewelry store owner's claims in the theft case against Lohan

A new witness has come forward to help Lindsay Lohan, her father tells Radar Online.

"A man contacted Lindsay's camp and told them he went into the jewelry store way before Lindsay did and was interested in buying the necklace," Michael says, referring to the \$2,500 item Lindsay is accused of stealing.

But the man claims the store, "told him it was \$800."

For Michael, that's enough: "This witness will completely exonerate Lindsay and prove that the necklace isn't worth \$2,500, and prove that she shouldn't have been charged with a felony," he says.

Lohan pleaded not guilty to a felony grand theft charge in last week.

• METRO



► Lindsay Lohan.



Richie has a view on Sheen

A veteran of rehab herself, Nicole Richie has some thoughts on Charlie Sheen's current attempts at sobering up.

"I don't think he should make it somebody else's responsibility to keep him sober," she said while co-hosting The View, refer-

ring to Sheen's comments that his CBS bosses had meddled in his personal life.

"If he wants (his sobriety) to last for a long time, it's up to him," Richie said. "He's an adult and he needs to take responsibility for his actions." • METRO

Celebrity tweets

Sarah Silverman
[@SarahK Silverman]
When people start a sentence with "I'm gonna write..." I always think, "No you won't"

Conan O'Brien
[@Conan OBrien]
My daughter asked me not to come drunk to her school play. Too bad, I really wanted to see it.

Louis C.K
[@louisck]
My twitter pledge: For every promotional tweet, I will tweet a tweet that is strained, unfunny and void of useful content.

Ashton Kutcher
[@aplusk]
Can you have lunch at dinner?
• METRO

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Top trends

Trends to watch out for.

- 1) Lumberjack plaids (Thakoon, Derek Lam, Y-3)
 - 2) Shades of gray (Alexander Wang, Jason Wu, Max Azria)
 - 3) Mixed and matched prints, as shown above (Suno, Thakoon, Duro Olowu)
- KENYA HUNT**



Diesel Black Gold fashion line for fall: Military vibe mixed with antique looks

► New York Fashion Week struts to a high-fashion halt today
 ► But the impact of these five fab shows is bound to last well beyond the end of the catwalk

New York runway roundup

 KENYA HUNT
METRO WORLD NEWS

**HERVÉ LÉGER**

How many ways can one rework the bandage dress? Countless, apparently. Max Azria managed to give the famously sexy bandage dress a cool update by adding some edge, literally. Gold chain links and ivory studs were just a few of the medals embellishing the body sculpting mini and knee-length dresses he churned out. A version in houndstooth, which has been an especially popular print this week, was a standout in the show.

RODARTE

The slightly bohemian collection was softer and quieter than the gold glamazons they created last season, but it was similar in that layering played a big part. Models paraded in front of a front row that included Kanye West and Sofia Coppola in long wool, cinched waist swing coats worn over slightly longer, floaty dresses. When it was all said and done, the collection left no question of the sisters' maturing craftsmanship.

MARC JACOBS

The always directional Marc Jacobs took a stiff right turn away from the easy, floaty course he'd taken last season. His new collection was about more constructed looks in futuristic silhouettes with loads of circle-shaped sequins, paillettes and latex appliqués. That means you can pretty much guarantee that the season's trend for shiny, shimmer looks will be fairly huge next fall. It's also worth noting that his dress and high waisted skirt lengths were higher (knee-length) compared to last season's.

THAKOON

After years of showing his collection in a cold, gallery space, Thakoon moved his show to the sprawling, opulent ballroom at The Plaza hotel. The clothes were beautifully constructed and made of contrasting elements that somehow made sense. Bold African prints mixed with lumberjack plaids and tweeds on asymmetrical coats, bustled skirts and elaborately draped dresses. It all made for one of the most creative shows we've seen this week so far.

DKNY

If you're curious to know what the big trends will be for fall, have a look at DKNY's mod-themed collection, which featured smart interpretations of most of them including long flared trousers, soft quilted jackets and precisely tailored coats and separates, to name a few. The colour palette, which had lots of charcoal gray, navy and black interspersed with bright lipstick red and blush, was also right in step with the moment.

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Where do fashion trends come from?

► In the span of one month, designers in four different corners of the world show strikingly similar runway looks
 ► Is it all a result of some fashion memo on high, or just a big, global coincidence? We get to the bottom of things



► Silky lingerie-like looks at Dries van Noten...



► ...and at Rochas too.

PETER STIGTER

Every runway season, fashion houses across the world show similar colours, fabrics and silhouettes that become known as the trends of the moment. For autumn/winter '10, for example, the collections were one big blur of beige, while spring/summer '11 was all breezy, diaphanous dresses. How is it that so many creative visions align?

Designers purchase their fabrics from mills, which show new collections twice a year at fairs such as Première Vision in Paris and Pitti Filati in Florence. The fabrics that are highlighted usually end up on the runways. "The fabric mills show colours, yarns and proportions to all the designers," explains Kevin Carrigan, Global Creative

Director of Calvin Klein. "From these fabric fairs, designers begin to decipher the major global trends of the season with each house interpreting the inspiration in its own way and putting their spin on the fashion zeitgeist," he explains.

The colours that the fabrics come in are often influenced by a handful of colour trend services such as Peclers Paris and Nelly Rodi who consult with the fabric mills. These companies hold seminars and create concept books that predict trends.

Once a collection is shown, a whole copy-cat cycle begins where designers mimic what they see being done by fashion leaders such as Miuccia Prada and Marc Jacobs among others.

TO TREND OR NOT TO TREND?

Whether or not the fashion world's trend cycle is good for creativity remains debatable.

"The rapid dissemination of information via the Internet, social media and streamed live fashion shows facilitates the instant travel of trends," says Tamara Albu, Director of the A.A.S. Fashion Design Program at Parsons School of Fashion in New York.

"For many designers

who struggle to stay competitive, getting their hints from such sources, processing them as quickly as they can, and translating them into their own collections often results in redundancy and lack of trust in their own self expression," she adds.

 LOUIS MONOYUDIS

METRO WORLD NEWS

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The industrial revolution

► Give your space an industrial feel with vintage army furniture, factory photos and reproduction lighting

DESIGN CENTRE

KARL LOHNER
HOME@METRONEWS.CA



Many style-conscious urban dwellers are thirsting for not only the cool loft look, but also the time-worn industrial look. It adds charm to a space and what I call "stories" to chat about; an old factory table or machinery-inspired picture frame can add much-needed interest to a boring, boxy apartment or condo. Many factory-made furniture pieces can be had for not a lot of money. Here's a few new pieces from some favourite retailers.



Let it shine

Vintage army, postal and hospital furniture is all the rage when the paint is stripped down and the metal is lacquered to a shiny metal finish. Although not inexpensive, their durability means you'll have a piece that lasts another lifetime. Search for pre- and post-war metal furnishings online at classifieds like Craigslist and Kijiji. 1930's French Postal Desk, \$2,800, Restoration Hardware.



Industrial art

A collection of vintage and reproduction industrial clocks hung on a wall creates an immediate focal point in a small foyer or going up a staircase. Oversized printing blocks, signs or black-and-white factory photographs will help to create an industrial feel on the walls. It's best to hang this type of art in singles — large groupings looks mass-produced and will cheapen the effect. Neutral Type Print Framed Art, \$200, Crate and Barrel.



Shine on

Unique vintage lighting can be difficult; it often needs to be re-wired and takes bulb types that are no longer available or not home-safe. It's best to stick with reproduction light fixtures; a pendant would look sharp hanging over a dining table. Industrial Bulb Pendant Light, \$130, West Elm.



Give it new life

Small furniture pieces that may have had a place in a mail room or hospital now take a stand in a bathroom or bedroom as a side table or chair. An old dental table can be brought back to life by giving it a spray of your favourite paint colour Galvanized Metal Floor Storage, \$150, Pottery Barn.



► Designer Brian Patrick Flynn opted for open, stainless steel shelving and exposed concrete brick walls to evoke an industrial, yet sophisticated, feel.

Traditional house, industrial style

► Add industrial touches to even the most traditional decor for a perfect blend of hipness and history

SARAH DORIO/AP PHOTO

The builders of the early 20th century's factories and warehouses would be amazed. Elements used back then to create sparse, utilitarian workspaces — like rough-hewn wooden tables, rolling carts, metal filing cabinets and industrial lighting — are now hot items in home decorating.

These pieces, along with exposed brick walls and cement floors, first became popular when urban industrial spaces were being transformed into chic loft apartments.

But the trend has made its way from downtown lofts to suburban living rooms. Homeowners are adding industrial flair to even the most traditionally decorated houses.

It may sound challenging to mix items that evoke century-old manufacturing into your modern-day house. But designers say it's less complicated than you'd think: Industrial style blends easily into houses that already have a clean-lined, modern look.

GO FOR CONTRAST



► To create industrial-style spaces that are warm and cosy, designer Brian Patrick Flynn uses warm textiles and high-end upholstery techniques.

"If I already have a carved-wood, French-traditional, damask sofa, I probably would mix in more of the wooden industrial pieces than metal," says Emily Henderson, host of HGTV's upcoming series Secrets from a Stylist.

The wood tones of different pieces don't need to match — in fact, it's best if they don't. "The huge contrast between industrial and traditional is what makes it work," she says. "Trying to make everything match colour-wise or wood-tone-wise can actually do you a disservice."

Feel free to experiment, putting a vintage piece of machinery on a sleek coffee table, or a tall, industrial lamp next to an overstuffed chair. The contrast will be easier to pull off if it's peppered throughout your home rather than concentrated only in one room.

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professional-grade stoves have already brought an industrial feel to many residential kitchens.

To take it further, says decordemon.com founder Brian Patrick Flynn, "add two gigantic industrial lights over a kitchen island or over a big wooden table and you immediately have that look."

Painted plank wood floors are another popular industrial element. "The more wear and tear," Flynn says, "the more authentic the look."

SWAP OUT ACCENT PIECES

Throughout your home, consider replacing a side table or coffee table with an old industrial trunk, cart or card catalogue. Look for pieces with aged or distressed metal, rather than polished chrome.

Troll flea markets for old industrial items that are "fun, playful and unexpected," Flynn says. Even if you don't have a large, loft-like space, most homes can handle one or two oversize conversation pieces. THE ASSOCIATED PRESS



1 TOTO CUBE LAMP



2 MARBLE BOWLS



3 LAYERS RUG



4 CLOUD VASES

Creating a room with atmosphere

Atmospheric decor is characterized by soft textures, transparency, iridescence or opacity — or all of those at once. It can create a mood of quietude and retreat. And it is, some designers say, popular now as an antidote to an increasingly jarring world.

"We're seeking balance and understanding, and we want to unclutter our minds," says design consultant Laura Guido-Clark of Berkeley, Calif. Despite atmospheric decor's quietude, it has "an inherent energy," she says.

Many of these elements were on the runways of Monique Lhuillier and Chanel this spring, and in furnishings, they offer a counterpoint to the season's alter ego, an exuberant jumble trunk of hot hues and wild colours.

The colours in atmospherics tend to be lightweight and sheer — as Guido-Clark notes, "veiled like mist or air." Yet there

Sourcebook

- **Design Within Reach.** Toto cube lamp: \$275, dwr.com
- **Roubini Rugs.** Layers rug from Campion Platt's Mariner Collection: \$3,960, roubinirugs.com
- **Z Gallerie.** Cloud vases: \$16.95 - \$19.95, zgallerie.com
- **Pottery Barn.** Hadley ruched bedding collection: \$39 - \$179, potterybarn.com

can also be elements of strength and purity. We see a lot of dreamy hues — soft whites, blush, silver — but also hefty colours such as graphite and charcoal.

Textures include voile, moire silk, slubbed wool, crystal, hammered metals, blown glass, ceramic, even translucent concrete.

Japanese designer Tokujin Yoshioka creates conceptual furniture out of interesting materials. He's designed a line of thick,

clear polycarbonate furniture for Kartell called The Invisibles.

Trove's dreamlike wall-papers include Ciel, with a cloud motif; an oceanic Sargasso; and Nekkar and Askella, both featuring a cascade of feathery petals.

At Design Within Reach, find One & Co.'s 47 Table, a chunk of timber given a shimmery coat of silver. Or gravitate toward the Toto Cube Lamp, created by a French wine tank manufacturer during its quiet season. The lamp is large enough to use as a seat or table, and is lit from inside with a warm glow.

Pier 1 has the Swirl Lamp, a sinuous twist of antiqued silver, and ruched, voile throw pillows in foggy, smoky hues. Ruffles in lightweight fabrics work nicely in this theme; check out Urban Outfitters and Pottery Barn for frothy, water-coloured shower curtains and bedding. **THE ASSOCIATED PRESS**



► Ruched and ruffled lightweight bed linens from the Pottery Barn Hadley collection.



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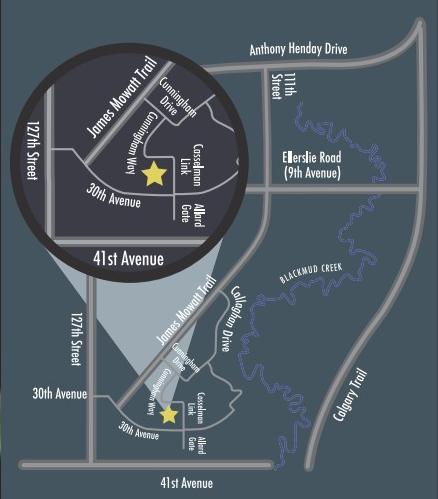
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Contractors don't have to be scary

► Follow these simple rules to make your search for a tradesman much easier

DIY IDEAS

JIM CARUK
HOME@METRONEWS.CA



Hiring a contractor for home renovations or repairs makes many people nervous. And that's understandable.

Everyone has heard stories about tradesmen who don't show up, aren't qualified or lack ethics.

Luckily, there are some great contractors out there, too.

Finding that person is easier if you follow a few simple rules.

1. Collect some personal referrals. Look for contractors who have already done good work for family members, friends and neighbours.

Your local homebuilders association is another source of leads.

2. Start with informal meetings. Don't be in a rush to get formal quotations. At first, you just want to see if you get a good feeling about the different candidates.

If you don't like them over a cup of coffee, you won't fall in love with them when they start ripping into your walls.

3. Letters of reference are overrated. No contractor is

going to show you a bad one!

Instead, ask about the job(s) the contractor is doing right now. If they have no jobs "right now," be very wary. Whatever they are currently working on, ask to talk to that homeowner personally.

4. Three or four quotes are enough. Throw out any quotes that are more than ten or 15 per cent higher or lower than the average.

5. Make your final decision on a combination of gut feel and price.

You might get a much warmer feeling about the second-lowest (or even third-lowest) quote than the low bidder. Trust your

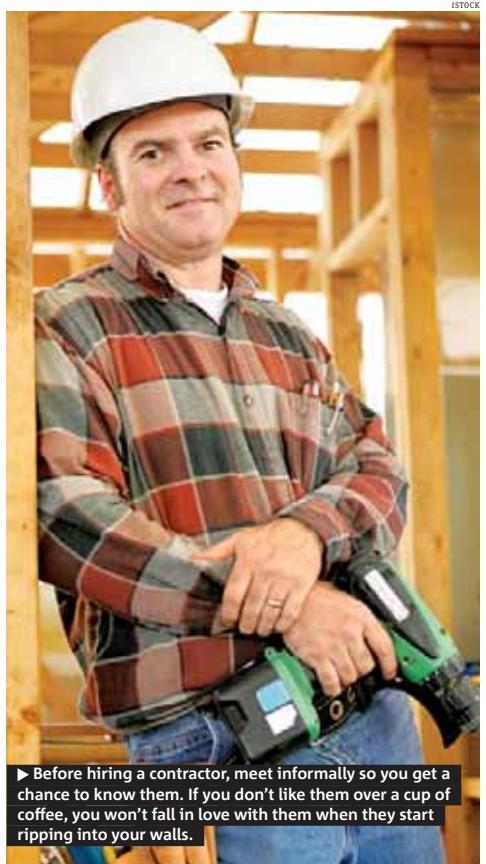
instincts. That person might be your best bet.

6. Don't do "under the table" deals. If there is no formal contract and no record of payment, what are you going to do if the job goes bad?

7. "Get It In Writing."

For more information on hiring the right contractor, visit hiringacontractor.com. For hands-on renovation training, visit biyworkshops.com.

JIM CARUK, HGTV HOST, HAS BEEN A RENOVATION CONTRACTOR FOR MORE THAN 30 YEARS. HE IS THE FOUNDER OF BUILD IT YOURSELF LEARNING CENTERS, WHICH TEACHES HOMEOWNERS HOW TO COMPLETE THEIR OWN REPAIRS AND RENOVATIONS (BIYWORKSHOPS.COM)



► Before hiring a contractor, meet informally so you get a chance to know them. If you don't like them over a cup of coffee, you won't fall in love with them when they start ripping into your walls.

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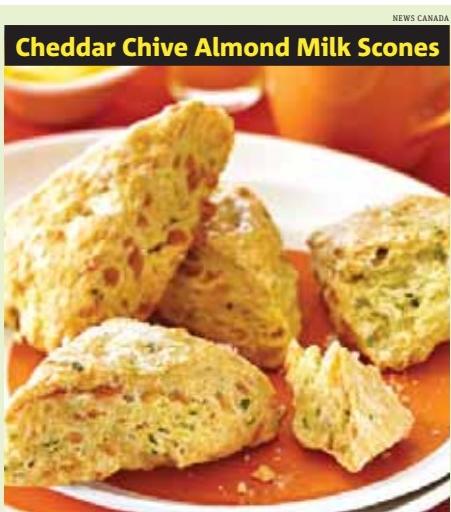
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Enjoy this savoury snack in the afternoon or make the scones ahead and have them for breakfast the next day.

The nutty almond flavour will awaken your mouth.

Preparation:

1 In food processor, pulse together flour, baking powder, baking soda and salt. Add butter until just combined and resembling pea-sized course meal with a few large pieces. Cut butter into flour mix.

2 Pour flour mixture into large bowl. With a fork, stir in cheese, almonds and chives until well combined. Stir in

almond milk until just moistened.

3 Gather dough into two balls until it holds together. Transfer dough onto a floured surface and knead. Press into two circles about $\frac{1}{4}$ inch (1.5 cm) thick. Cut each circle into 8 wedges and place on parchment paper lined baking sheet.

4 **Topping:** Brush tops with almond milk and sprinkle with salt. Bake in 375 F (190 C) oven for about 15 minutes or until golden. Serve warm.

• EMILY RICHARDS, WITH FILES FROM NEWS CANADA

Ingredients:

- 3 cups (750 mL) flour
- 2 $\frac{1}{2}$ teaspoon (12 mL) baking powder
- $\frac{1}{2}$ teaspoon (2 mL) baking soda
- 3/4 teaspoon (4 mL) salt
- $\frac{3}{4}$ cup (175 mL) unsalted butter, cubed
- 2 cups (500 mL) extra old shredded white ched-

dar cheese

- $\frac{1}{4}$ cup (50 mL) slivered almonds
- $\frac{1}{4}$ cup (50 mL) finely chopped chives
- 1 cup (250 mL) almond milk

Topping:

- 1 tbsp (15 mL) almond milk
- Fleur de sel sea salt

A taste of Latin America

► This sirloin dish is called Picadillo and it can be served in a few ways

LARRY CROWE/ THE ASSOCIATED PRESS



► Picadillo contains a unique combination of beef, raisins, green olives, salsa and more.

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA



Liven up dinner with this Latin American sirloin dish called Picadillo.

Serve it the traditional way over rice or make a tasty treat by tucking it into taco shells with toppings.

Preparation:

1 In a large skillet over medium heat, cook garlic, onion, sweet pepper and ground beef, stirring occasionally, for 8 to 10 minutes or until beef is browned and

completely cooked.

2 Add salsa, chili powder, cumin, olives and raisins; reduce heat to medium-low and simmer for 5 minutes. Add 2 to 3 tbsp (25 to 45 mL) of water if necessary. Sprinkle with almonds, if desired.

Variations
Empanadas: Let filling cool completely. Roll out pastry for 2 double-crust pies and cut into 40 3-inch (8 cm) rounds; place 1 tbsp (15 mL) beef mixture on each. Moisten pastry edges with water; fold over and press edges with fork to seal. Place on a parchment paper or foil lined baking sheet; prick and brush tops with 1 beaten egg. Bake in a

Ingredients:

- 2 cloves garlic, minced
- 1 onion, minced
- 1 sweet red, yellow or green pepper, finely diced
- 1 lb (500 g) extra-lean ground beef sirloin
- 1 cup (250 mL) medium or spicy salsa
- 1 tbsp (15 mL) chili powder
- 1 tsp (5 mL) ground cumin
- 3/4 cup (175 mL) sliced green olives
- 1/2 cup (125 mL) raisins
- 1/2 cup (125 mL) slivered almonds (optional)

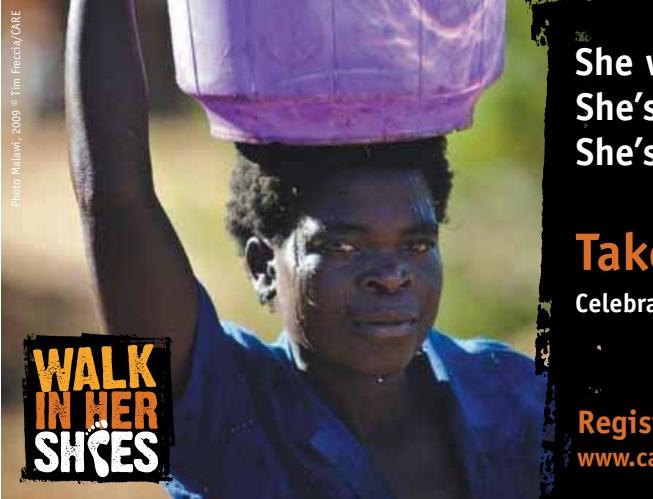
425 F (220 C) oven for 10 to 15 minutes or until golden brown. You can also make them ahead by freeze unbaked empanadas in sealed container for up to 1 month; bake frozen in 350 F (180 C) oven for 20 to 25 minutes.

Calzones: Let filling cool completely. Roll out 1 1/2 lb (750 g) thawed pizza dough; divide into 6 discs. On lightly floured surface, roll out

each disc into an 8-inch (20 cm) circle. Divide filling over half of each circle; fold dough over; press firmly with fork to seal. Bake on parchment paper-lined baking sheet in 400 F (200 C) oven for 15 minutes.

WITH FILES FROM THE ASSOCIATED PRESS

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOK BOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT [EMILY-RICHARDSCOOKS.CA](http://RICHARDSCOOKS.CA).



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Trip west thrills Habs rookie Nash

► Kamloops, B.C., native called up to help deal with blue-line woes

There's no guarantee that he'll play much, but the Montreal Canadiens' three-game swing through Western Canada is a big deal for rookie defenceman Brendon Nash.

The Kamloops, B.C., native was called up this week from Hamilton of the AHL and made his NHL debut in a 3-2 shootout loss to the Buffalo Sabres on Tuesday night.

With the Canadiens short four veterans on defence, the 23-year-old was told he would accompany the team on a trip that has stops tonight in Edmonton, in Calgary on Sunday for the outdoor Heritage Classic game and next Tuesday in Vancouver.

"This whole week is going by so fast," Nash said yesterday after an optional skate at the Canadiens' suburban practice facility. "I got called up (Tuesday) and played that night."

"It's all a blur. Hopefully it will sink in as the road trip continues. It's going to be a great experience. It's my first NHL road trip and I couldn't think of three better places to play — close to home and with the outdoor game happening as well."

The Canadiens signed the six-foot-three, 210-pound rearguard as an undrafted free agent out of Cornell University in 2008. He has 23 points in 50 games for Hamilton in his first year of pro hockey.

"Edmonton's a young team and they're going to play hard. We have to bring back some points from the trip and finish the season strong."

ROMAN HAMRLIK, MONTREAL

That he is with the team at all stems from a rash of injuries that left Roman Hamrlík as the only Canadiens' defenceman in the game against Buffalo who played for the team last season.

Top rearguard Andrei Markov and the dependable Josh Gorges are gone for the season with knee injuries, although they got a veteran rearguard back in a late December trade with the New York Islanders for James Wisniewski.

More recently, Hal Gill went down with an upper-body injury and Jaroslav Spacek with a lower-body ailment. Gill will make the trip and may be able to play before it's over, while Spacek wasn't on the flight but may be able to rejoin the team before it's over.

In their absence, 36-year-old Hamrlík has been the anchor, and rookie P.K. Subban has had to take on a veteran's responsibilities. The 21-year-old had a team-high 29:22 of ice time against the Sabres.

THE CANADIAN PRESS



► Brendon Nash is on his first NHL West Coast trip with the Canadiens.

Pujols likely to test free agency next fall



The St. Louis Cardinals made what they said was their best offer.

It wasn't enough.

The deadline Albert Pujols set to reach a new contract agreement passed yesterday, making it likely the three-time MVP will become a free agent after the World Series. The Cardinals said they will respect his wish and not request talks during the season, unless Pujols approaches them.

"A difference of opinion in determining Albert's value simply could not be resolved," said Pujols' agent, Dan Lozano.

The Cardinals would not reveal their offer, though it was believed to be around \$200 million US for eight years, possibly with an opportunity for Pujols to obtain an ownership stake in the franchise once his playing days are complete.

THE ASSOCIATED PRESS

Sports in brief

Vick Bails on Oprah's show

TV. Philadelphia Eagles quarterback Michael Vick will not be appearing on The Oprah Winfrey Show after all.

A show spokesman said yesterday representatives of the NFL star called late Tuesday to cancel his appearance for personal reasons. The daytime talk show host's interview with Vick was set to air Feb. 24. THE ASSOCIATED PRESS

Raiders avoid franchise tag

NFL. SI.com is reporting that the Oakland Raiders have agreed with defensive tackle Richard Seymour on a two-year, \$30-million US contract that includes \$22.5 million in guaranteed money.

It allows Oakland to avoid using a franchise tag on Seymour for a second straight season. He earned \$12.4 million last season and would have made about \$14.9 million next season with the tag.

THE ASSOCIATED PRESS



Oilers preview

Canadiens at Oilers
7 p.m.
TV: CBC
Radio: 630 CHED

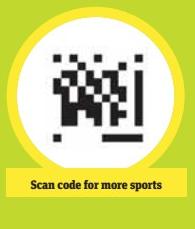


One more game for the Canadiens (31-20-7) before they play Calgary in the outdoor Heritage Classic on Sunday. Montreal could use a boost against the league-worst Oilers. The Habs are in the playoff picture but are coming off a 3-2 shootout loss to Buffalo on Tuesday.



Every victory is worth talking about for lowly Edmonton (17-32-8), which beat Dallas 4-1 on Tuesday. The Oilers have just two wins in eight games and will try to string together consecutive victories for the first time since early December. It's the fifth contest in a six-game homestand for Edmonton.

THE CANADIAN PRESS



NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	57	38	14	2	3	190	144	81	19-6-0-2	19-6-2-1	7-3-0-0	W1
d-Tampa Bay	57	34	17	3	3	175	176	74	19-6-1-2	15-11-2-1	7-2-0-1	L1
d-Boston	57	31	19	2	2	176	143	76	20-10-1-0	16-9-1-2	6-4-0-0	W1
Pittsburgh	59	36	19	2	2	176	143	76	20-10-1-0	16-9-1-2	6-4-0-0	W1
Montreal	58	31	20	4	3	153	146	69	19-7-3-3	12-13-1-0	4-2-0-3	L1
Washington	57	29	18	5	5	153	143	68	17-7-2-5	12-11-3-0	4-4-0-2	L3
NY Rangers	58	30	24	2	2	162	144	64	13-12-1-2	17-12-1-0	3-6-0-1	W1
Carolina	58	27	23	4	4	170	178	62	14-9-1-1	13-14-3-3	4-4-2-0	L1
Buffalo	56	27	23	6	0	165	166	60	12-13-2-0	15-10-4-0	6-3-0-1	W1
Atlanta	58	25	23	4	6	167	188	60	13-12-1-4	12-11-3-2	2-5-1-2	L1
Toronto	58	25	27	3	3	150	178	56	13-11-3-2	12-16-0-1	6-3-1-0	W2
Florida	56	24	25	3	4	148	152	55	12-10-3-3	12-15-0-1	3-5-1-1	L1
New Jersey	57	23	30	3	1	126	160	50	13-3-2-1	10-17-0-1	8-1-1-0	W5
NY Islanders	57	21	29	3	4	155	189	49	10-13-3-1	11-16-2-1	6-4-0-0	W4
Ottawa	57	18	30	5	4	129	190	45	9-15-2-3	9-15-3-1	1-7-1-1	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	58	37	12	4	5	196	137	83	20-4-1-4	17-8-3-1	8-2-0-0	W1
d-Detroit	56	34	16	4	2	187	163	74	17-8-3-1	17-8-1-1	6-4-0-0	W2
d-Phoenix	58	30	19	6	3	165	162	69	14-10-3-2	16-9-3-1	6-4-0-0	W2
Anaheim	57	32	21	2	2	159	157	68	17-8-0-1	15-12-3-1	8-2-0-0	W4
Nashville	57	30	19	5	3	151	139	68	13-5-4-3	17-14-1-0	4-4-1-1	L1
Dallas	58	31	21	4	2	162	166	68	17-8-2-3	14-13-0-1	2-7-1-0	W1
San Jose	58	31	21	4	2	160	152	68	13-10-2-1	18-11-2-1	7-2-0-1	W1
Calgary	60	30	22	3	5	181	175	68	17-9-1-2	13-13-2-3	7-1-1-1	W2
Los Angeles	57	32	22	2	1	160	135	67	17-9-1-2	15-13-2-1	8-8-1-1	W3
Minnesota	57	30	22	1	4	148	152	65	14-12-2-0	16-10-1-2	6-4-0-0	L2
Chicago	57	29	22	2	4	180	160	64	17-13-0-0	12-9-3-3	4-4-1-1	W1
Columbus	57	28	23	3	3	152	172	64	14-13-2-0	14-10-3-1	6-3-0-1	L1
St. Louis	55	25	21	4	5	148	164	59	17-8-1-3	8-13-3-2	3-4-2-1	W1
Colorado	58	25	26	7	0	173	198	57	14-14-4-0	11-12-3-0	1-8-1-0	L9
Edmonton	57	17	32	1	7	141	194	52	8-17-1-3	9-15-1-3	3-7-0-0	W1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Calgary 4 Dallas 2

Toronto 2 Buffalo 1

Los Angeles 0 Columbus 3 (SO)

Chicago 3 Minnesota 1

New Jersey 3 Carolina 2

Philadelphia 4 Florida 2

Pittsburgh 3 Colorado 2 (OT)

Washington at Anaheim

Tuesday's results

Edmonton 4 Dallas 1

Toronto 4 Boston 3

MAPLE LEAFS 2, SABRES 1

First Period

No Scoring.

Penalties — Brent Tor (interference) 2:36, Toronto bench (too many men; served by Lupul) 14:22, Grabovski Tor (hooking) 16:27.

Second Period

1. Toronto, Kessel 22 (Kaberle, Lupul) 4:36

Penalties — Lupul Tor (roughing), Connolly Buf (roughing, tripping) 10:09.

Third Period

2. Toronto, Crabb 1 (Brent) 8:29 (sh.)

3. Buffalo, Gaustad 8 (Stafford, Butler) 10:20.

Penalties — Gerbo Buf (interference) 4:44, Gaustad Buf (hooking) 5:10, Gunnarsson Tor (hooking) 7:49.

Shots on goal by

Toronto 5 10 15—30

Buffalo 9 8 7—24

Goal (shots-saves) — Toronto: Giguere (o-p), Reimer (W, 8-4) (start second) (15:14); Buffalo: Miller (L, 24:16-5).

Power plays (goals-chances) — Toronto: 0-3; Buffalo: 0-4.

Referees — Frederick L'Eucalypt, Stephen Walkom. Linesmen — Scott Cherrey, Scott Driscoll.

Att. — 18,414 (18,690) at Buffalo, N.Y.

FLAMES 4, STARS 2

First Period

1. Calgary, Jokinen 13 (Giordano, Moss) 4:14

Penalty — Fistic Dal (interference) 16:41.

Second Period

2. Dallas, Ribeiro 11 (Morrow, Langenbrunner) 7:21.

3. Dallas, Langenbrunner 6 (Neal) 10:47

4. Calgary, Kostopoulos 5 (Bourque, Babchuk) 14:09 (pp).

Penalties — Giordano Dal (holding) 8:42, Langenbrunner Dal (slashing) 12:19, Skrastins Dal

Goal — Carolina: Ward (L, 24:19-7); New Jersey: Hedberg (W, 10:10-2).

Power plays (goals-chances) — Carolina: 0-2; New Jersey: 0-2.

Referees — Chris Ciarama, Chris Rooney. Linesmen — Michel Cormier, Brad Kovachik.

Att. — 14,445 (17,625) at Newark, N.J.

KINGS 4, BLUE JACKETS 3 (SO)

First Period

1. Los Angeles, Williams 20 (Loktionov, Martinez) 16:52

2. Columbus, Voracek 11 (MacKenzie, Nash) 18:34.

Penalty — Clitsome Clb (high-sticking) 14:46.

Second Period

3. Los Angeles, Loktionov 4 (Greene) 13:05.

4. Columbus, Nash 27 (MacKenzie, Clitsome) 15:14.

Penalties — Clark Clb (elbowing) 4:55, Doughty LA (hooking) 18:24, Lewis LA (tripping) 18:31.

Third Period

5. Los Angeles, Doughty 8 (Handzus, Kopitar) 6:08

6. Columbus, Russell 3 (Voracek, Nash) 18:37.

Penalty — Russell Clb (high-sticking) 12:28.

Overtime

No Scoring.

Penalties

None.

Shootout

Los Angeles wins 4-0

Los Angeles (1) — Handzus, miss; Stoll, goal.

Columbus (0) — Nash, miss; Calvert, miss; Huselius, miss.

Shots on goal by

Los Angeles 10 7 2—29

Columbus 6 9 2—24

Goal — Los Angeles: Quick (W, 26:14-2);

Columbus: Garon (9-9-4).

Power plays (goals-chances) — Los Angeles: 0-2; Columbus: 0-2.

Referees — Kyle Rehman, Dennis LaRue.

Linesmen — Derek Amell, Darren Gibbs.

Att. — 12,442 (18,144) at Columbus, Ohio.

SOCCER

ENGLAND

PREMIER LEAGUE

GP W D L GF GA Pts

Man United 26 16 9 1 57 25 57

Arsenal 26 16 5 5 56 27 53

Man City 26 14 7 6 43 24 49

Chelsea 26 13 6 7 39 28 46

Liverpool 27 11 6 10 35 32 37

Sunderland 27 9 10 8 33 33 37

Bolton 27 9 9 9 38 37 37

Newcastle 26 10 3 12 31 33 33

Blackburn 27 9 5 13 34 32 31

Fulham 27 6 13 8 28 28 30

Everton 26 6 12 8 33 36 30

Birmingham 26 6 12 8 25 35 30

Aston Villa 27 7 9 11 31 46 30

Blackpool 26 8 5 13 39 50 29

West Brom 27 6 7 6 13 34 51 27

Wigan 27 5 12 10 30 48 27

West Ham 27 5 10 12 30 48 25

Wolverhampton 26 7 3 16 26 45 24

Goals — New Jersey, Rolston 9 (Elias, Salmela) 0:34

Goals — New Jersey, Elias 14 (Rolston, Fayne) 1:59

Goals — Carolina, Samsonov 10 (Ilyushin) 8:17

Goals — Carolina, Ruiz 14 (E. Staal, McBain) 19:55

Penalties — C. White NJ (interference) 8:42, Fraser NJ (cross-checking) 11:02, Skinner Car (hooking) 11:42.

Shots on goal by

Carolina 5 6 16—27

New Jersey 6 8 22

Goals — New Jersey, Elias 14 (Rolston, Fayne) 1:59

Goals — Arsenal (England) 2 Barcelona (Spain) 1

Goals — AS Roma (Italy) 2 Shakhtar Donetsk (Ukraine) 3

Tuesday Results

AC Milan (Italy) 0 Tottenham (England) 1

Valencia (Spain) 1 Schalke (Germany) 1

TRANSACTIONS

MLB

AMERICAN LEAGUE

CLEVELAND INDIANS — Agreed to terms with INF Orlando Cabrera on a one-year contract.

MINNESOTA TWINS — Agreed to terms with OF Delmon Young on a one-year contract.

NEW YORK YANKEES — Released LHP Lance Cormier.

NEW YORK METS — Promoted INF Orlando Cabrera from the minors.

DETROIT TIGERS — Signed RHP Matt Moore.

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DETROIT TIGERS — Signed

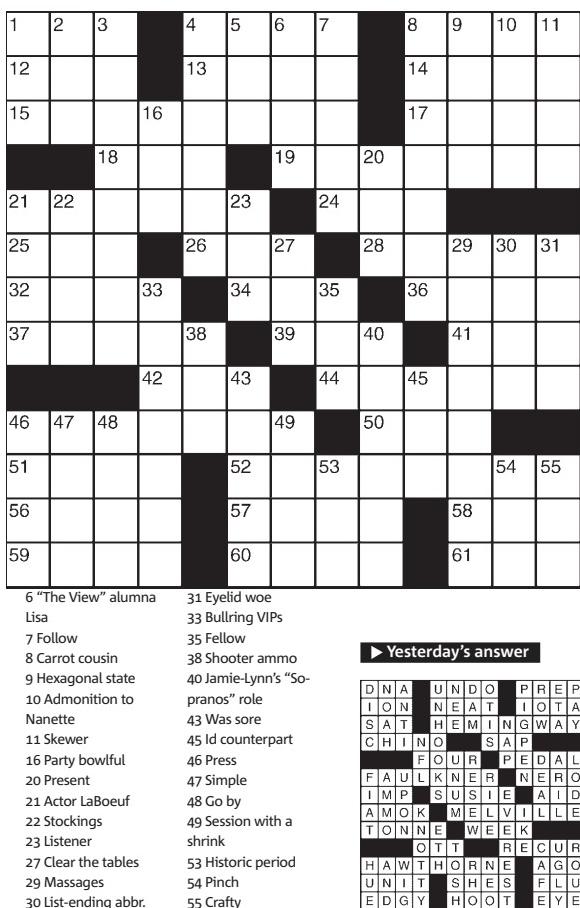
Crossword

Across

1 Every last bit
4 Marine of old TV
8 Instances of word-play
12 Shelter
13 Picnic spoiler
14 On
15 TSA checks
17 Eastern princess
18 Poorly lit
19 Action-movie sound
21 Boutique, perhaps
24 Quite some time
25 In what way?
26 Bill
28 Marionette parts
32 "— It Romantic?"
34 Mojito ingredient
36 Green stroke
37 Man of morals?
39 America's uncle
41 Chesapeake, e.g.
42 Actor Stephen
44 Tease
46 Bring charges against
50 Long —
51 Back
52 Square dances
56 Approximately
57 Mark replacement
58 Zero
59 Loch — Monster
60 Sketch
61 Agent

Down

1 Matterhorn, e.g.
2 Place to graze
3 Disappointments
4 Immediate
5 Deviate off course



6 "The View" alumna
Lisa
7 Follow
8 Carrot cousin
9 Hexagonal state
10 Admiration to
11 Nanette
12 Skewer
13 Party bowlful
20 Present
21 Actor LaBoeuf
22 Stockings
23 Listener
27 Clear the tables
29 Massages
30 List-ending abbr.

31 Eyelid woe
33 Bullring VIPs
35 Fellow
38 Shooter ammo
40 Jamie-Lynn's "So-pranos" role
43 Was sore
45 Id counterpart
46 Press
47 Simple
48 Go by
49 Session with a shrink
53 Historic period
54 Pinch
55 Crafty



► Yesterday's answer

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope



Aries March 21-April 20
Treat friends and colleagues with the respect that they deserve. That means making sure they know what is going on and making sure they feel like they are part of your plans.

Taurus April 21-May 21 Your dealings with employers will go better if you get rid of the idea that there always have to be winners and losers. Life is not a zero sum game. Find ways to be successful together.

Gemini May 22-June 21 It will feel as if a huge burden has been lifted from your shoulders today. Most likely all that has happened is you have let go of emotions that serve no positive purpose. Life is what it is, so just enjoy it.

Cancer June 22-July 22 The intensity of your feelings may surprise you today, but they have been building up for some time. There is no reason why you should not have certain desires, but you must find constructive outlets for them.

Leo July 23-Aug. 23 As far as partners and loved ones are concerned, you can do no wrong today. But that is not an excuse to misbehave. Remind those you care for that you will always be there for them.

Virgo Aug. 24- Sept. 22 The current cosmic picture urges you to slow down. It seems you've reached the point where the more effort you put in, the less you get back. Why run yourself into the ground?

Libra Sept. 23-Oct. 23 Even if you are the kind of Libra who tries not to get emotional, you will want to let those who are important to you know how much you care for them.

Scorpio Oct. 24-Nov. 22 Sadly, not everyone is as optimistic about life's possibilities as you. Make allowances for those who are feeling a bit down in the dumps. What can you do to cheer them up?

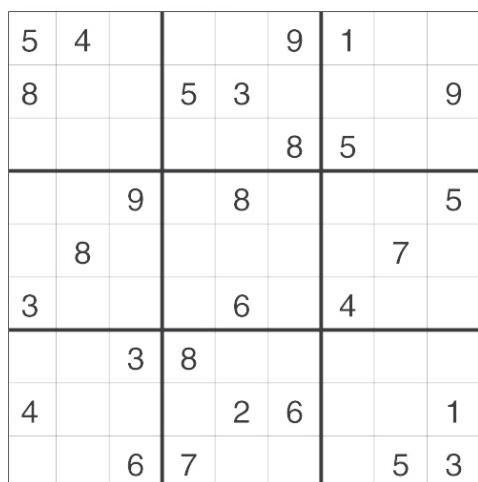
Sagittarius
Nov. 23-Dec. 21 You will feel much happier with yourself, and with life in general if you make an effort to get out and about. Travel arrangements will go well for you today, so well in fact that you may not want to come back.

Capricorn Dec. 22-Jan. 20 Times may be tough financially but for some reason you don't seem as worried about your cash flow as you were just a few days ago. That's good.

Aquarius Jan. 21-Feb. 18 Your outlook will improve considerably today as the Sun in your sign joins forces with Neptune, planet of imagination. What kind of future do you want for yourself? Picture it in your mind and never doubt that it will come true.

Pisces Feb. 19-March 20 If you want to be left alone today, let other people know they don't have the right to invade your space. The first person who does must be put right, loudly. ■ SALLY BROMPTON

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



A look at the weather

TODAY Min -21° Max -18° **FRIDAY** Min -23° Max -18° **SATURDAY** Min -29° Max -13°

Michele McDougall
Weather Specialist



"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." WEEKDAYS 6AM

SETH WENIG / THE ASSOCIATED PRESS

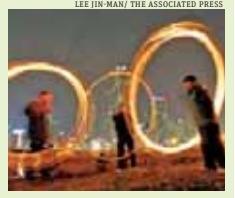
Caption contest



"Wonder if anyone notices I'm bald..."
ALFRED



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